

Expressions of Unity

The newsletter of Unity Intergroup

www.overeaters.org

Step 7 “Humbly asked Him to remove our shortcomings.”

Having a problem with food, weight or purging? Call our 24/7 hotline at **612-377-1600** and one of our volunteers will return your call.

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State Convention
November 3-5

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STAY TEACHABLE

If only my now thin body could automatically re-wire the shortcomings that lurked behind the plaster of fat. With food in its proper place, I steadily bumped into familiar situations, and felt the flare of past coping strategies that desperately wanted to be engaged to neutralize my feelings. A smaller jean size did not inoculate me from the anger, the fear or the grandiosity that is tethered to its twin, martyrdom. Fully understanding Step Seven – *humility* – finally started to shift the stubborn knee-jerk reactions that well, made me a jerk. Recovery teaches me I want to stay teachable. Not that I have to stay teachable, or am forced to stay teachable. But instead, that I am truly grateful I don't have to know it all. Being a know-it-all helped layer more than 100 pounds on my frame. So I practice humility each day through my 10th Step Review, like a kid that practices throwing a football or shooting hoops, rain or shine. Working to pass or swoosh these character defects from many situations, angles and lengths, means I develop new habits, often with muscle memory, that serves me well when the pressure is on. Thy will, not mine be done. Reserving judgment, and in its place, offering acceptance. Surrendering to ego deflation. Acknowledging that wanting my (and your) life to happen on my timeline is not realistic or healthy, and that God's plan may be different, or simply that a “no” may be a “not yet”. Those rushes to judgment, to ego gratification, and to co-dependency served to offer up food as the easy choice, a numbing exercise infected with devastating consequences. Today, I accept that *humility* walks hand in hand with “please keep me teachable”. Not only am I more flexible and happy for it, but my jeans still fit.

-- *Anonymous*

State Convention:

Nov 3-5, 2017

This year's theme:

KEEP IT SIMPLE USING THE STEPS

More information coming soon!



On page 76 of the AA Big Book I find this:

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character, which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.

My sponsor had me memorize this prayer when I got to step seven. I took long walks and repeated it over and over as I pounded the pavement. It came to me easily then, when I found myself needing to make the choice between humility and pride. I believe humility is the backbone of the seventh step, and my fierce pride was a very big part of my problem.

Doing this step well set the stage, gave me time to practice so that when I was faced with acting out in false pride, or acting out of humility, I could take the high road. After all, the only opinion of me that really matters is my Higher Power's.

In my disease I would absolutely not ask for help because I would not allow myself to appear needy in any way. I pitied people who were needy, and I refused to be seen that way. Of course I sure liked it when others needed me! I thought that meant that I was better than them. How wrong I was!

There was no real connection between me and the people around me because of my superior attitude. I was completely cut off from my Higher Power; there was no spiritual spark in me. It was lonely and scary hanging out over that ledge with no support or safety net.

This could not continue if I was to stay abstinent.

Taking to heart the message of the seventh step, I started admitting when I didn't know something. It really wasn't so hard after all to start asking for help and actually act on it. With practice I've gotten pretty good at it.

Today I asked a coworker to explain something to me that I wasn't grasping and she ended up sitting with me for three hours teaching me the process that now I understand and can do myself. That was so generous of her.

In my past life I would have shut myself off from this wonderful experience of shared knowledge. Today I was just willing to admit that I didn't know something. —Anonymous

BLESS THEM, CHANGE ME

Before program I was certainly not a humble person and still have problems with it. Me have shortcomings???? What a rude awakening it was to open my eyes and see so many. A speaker at our meeting said she battles her lack of humility by reminding herself to say "Bless them, change me". I know my reliance on God and his plans for me helps me a great deal. I am often surprised by where it takes me. It has taken a long time, as it says, to come to grips with my character flaws and they pop up again here and there. I have to rid myself of them to keep my abstinence on my journey. I have been able to have my family back in my life. What a blessing! I enjoy many moments of peace and contentment. As the 12 and 12 says "humility has come to mean the nourishing ingredient which can give us serenity ". I had to work through many painful admissions with honesty as well as humility to find the new life I have. I live at peace with myself and the others in my life. I am fearful. At the age of 81, I have 24 years of How, far from perfectly. I live one day at a time, sometimes 1 minute at a time. —Anne W.

*God grant me the serenity to accept the things I cannot change;
courage to change the things I can; and wisdom to know the difference.*

Our 7th tradition, "every OA Group ought to be fully self-supporting, declining outside contributions" is something I initially heard and reacted to as rather bland fare, thinking something on the order of... "OK, fine, we keep it simple ...next tradition please..." However, after experiencing time in our rooms, I now actually believe that this plain-spoken tradition has played a big role in the fact that I have been able thus far to remain in recovery since I joined a few years ago. Our 7th tradition does keep it simple in a certain, definite, very important way, in an area that could get WAY out of hand rather quickly.

As I let me mind wander for a bit, I envision a world where OA suddenly decides that product endorsements will be a reasonable way to bring in substantially more money...for the cause. I imagine that not long after, I would hear announced, for example, the Official Green Bean of Overeaters Anonymous!!..... Brand XYZ!!.... fresh picked and packed!!..."Bet You Can't Eat Just One!" All that endorsement money now to be coming into the OA coffers!!! All the good we can now do in OA!!!

Here also, is Jane D (jane doe anonymously) our new Mrs. OA spokesperson! The Hollywood- produced new docu-drama on her amazing weight loss journey, maintenance, physical emotional and spiritual recovery will undoubtedly inspire millions of suffering COEs! And all that money! (I understand there is a movie deal in the works for her because of this too! Just look what recovery does in a person's life!)

What's this other latest news? OA is now partnering with exercise franchises! That sounds just terrific...and one of them is introducing a new format ...Turbo-Boost OA! I like it. Oh, what's that? A competing partner is coming out with Turbo-Thrust-OA? Slightly different I guess. But then, I hear there are a Whole Bunch of new commercially-sponsored formats in the works....OA for Sugar Lovers, The Drinking Man's OA, OA-NO-VEGGIES, OA-Popcorn-is-my-only-starch, OA-You-are BAD, OA-It's-ALL-GOOD, OA-For-Winners, OA-For-Those-Better-Than-the-Winners, OA-Super-Duper-Lite, OA-Amazingly-Strict, OA-Fast-Food, OA-Deep-Fried, OA-In-the-Raw, OA-for-Nice-People, OA-for-People-who-Can't -Stand-Nice-People...the list goes on! Many of these new formats are now for-profit as well. But , see....they pay big royalties to OA! OA is expanding like a Great Big Giant Balloon of RECOVERY!

Isn't it just terrific too, that OA is associating commercially with self-help organizations, political movements, sectarian religious organizations, and culture-promoting-entities? The fees, commissions , royalties and percentages are going to help OA grow and expand, and get Rich in the process!!

I seem to feel this.....Pressure...building and building.....I kind of think I should stop this daydreaming now.....where was I before I got off on this fantasy about OA?...oh, that's right....Every OA group ought to be fully self-supporting, declining outside contributions.....Maybe that is best, after all. —Anonymous

TSW Corner

Welcome to the TSW Corner – a forum to share inspiration, hope and ideas for all of us in OA, whether recovering, struggling, or both. Here you will find stories of hope, inspirational thoughts, and ideas for helping you work your own program and carrying the message to others. We invite you to contribute your own Twelfth Step Within... because 'Together We Can Do What We Could Never Do Alone!' For more information about 'Twelfth Step Within' go to: <https://oa.org/groupsservice-bodies/resources/twelfth-step-within/>

Be prepared to have an abstinent meal no matter where your busy life leads you. An on the go emergency abstinence kit will include a measuring cup, spoon and a scale. These items will enable you to put together a meal that fits into your food plan anywhere. A suggested meal that travels well might include a foil package of tuna, whole grain crackers, V8 juice, single serving apple sauce, and almonds. If you have any other questions or ideas on how to stay abstinence call, text or email Carolyn S. 612-558-1556 mngypsy545@gmail.com.

UPCOMING EVENT:

THE ABC'S OF ABSTINENCE

(mapping out your abstinence and your food plan, and getting clear on the difference)

Saturday, September 23, from 9:00 am to 4:00 pm at the Minnesota Landscape Arboretum, 3675 Arboretum Drive, Chaska, MN 55318 Cherie M. from California will be our guest speaker, and this will be her 50th time presenting this workshop

Expressions of Unity

The August *Expressions of Unity* will focus on Step Eight “Made a list of all persons we had harmed, and became willing to make amends to them all.” and will be sponsored by the: Early Birds St. Paul Meeting.

Although one meeting or group generally sponsors each newsletter, we welcome articles from anyone. Please indicate if it is okay to print your name with your article and email your contributions by July 15th to ExpressionsofUnity@gmail.com.

All articles written are the opinion of the writer and not of OA as a whole or of the *Expressions of Unity* newsletter.

Come and join Unity Intergroup in action.

All members of OA are welcome at Intergroup meetings.

July 10 , 2017 12:30-2:30

Sumner Library

611 Van White Memorial Blvd.

Minneapolis, MN 55411

Intergroup Board



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| Chair—Mary T | 612-940-7654 | marytunityig@gmail.com |
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| Secretary—Rebecca W | 612-267-2460 | rebeccawellikunityig@gmail.com |

**Join Unity IG by phone!
Conference Dial-in Number:
(712) 432-0360**

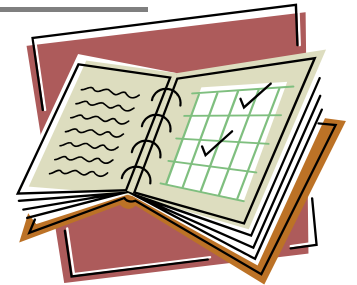
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Mark Your Calendar...

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| July 8 | Unity Intergroup Meeting 12:30-2:30 pm Sumner Library MPLS |
| July 15 | Newcomer Meeting 1:00- 2:15p Sumner Library MPLS |
| September 23 | THE ABC'S OF ABSTINENCE Minnesota Landscape Arboretum |
| November 3-5 | State Convention Sheraton Minneapolis West |



Web submissions are due the **first** Saturday of each month.

Unity Intergroup meets the **second** Saturday of each month at Sumner Library.

Newcomer Meeting is the **third** Saturday of each month at Sumner Library. All are welcome.

Newsletter articles are due the **third** Saturday of each month.